

Step up to the challenge

Compete with your team mates to complete the most steps by setting up a leaderboard on the My Healthy Advantage app



Enjoy healthy competition with friends at work



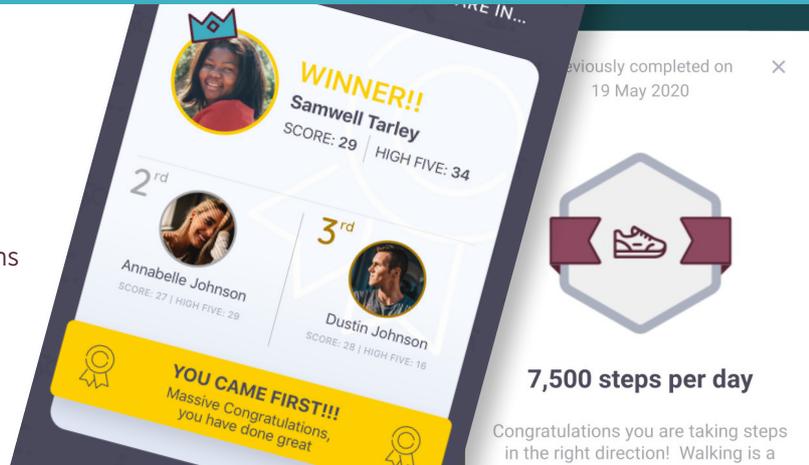
Increase your fitness through low-impact exercise



Give others recognition and Hi5 their progress

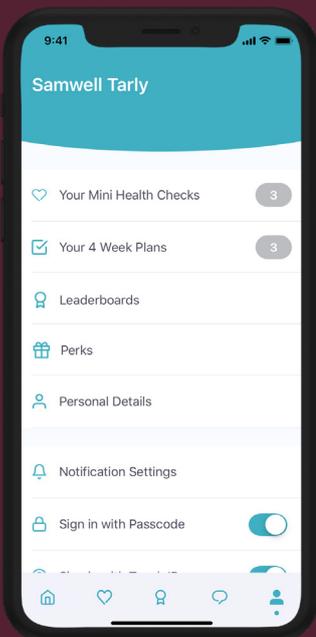
Benefits include:

- Increased fitness for heart and lungs
- Reduced risk of heart disease and strokes
- Improved management of ongoing health conditions
- Stronger bones and improved balance
- Increased muscle strength and endurance
- Reduced body fat



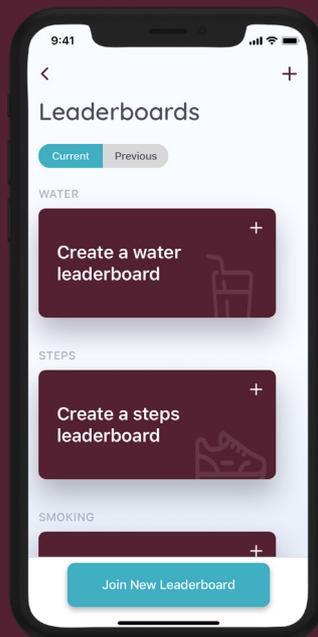
1

Tap the **account** icon and select **leaderboards**



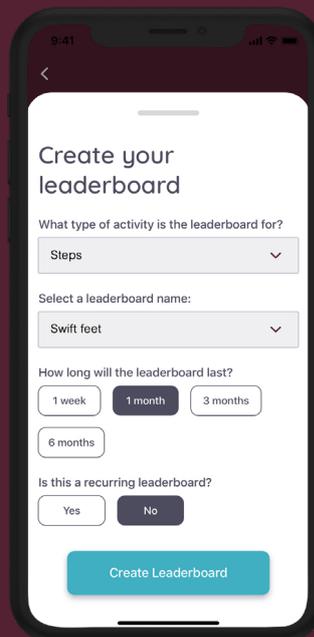
2

Tap **create a steps leaderboard**



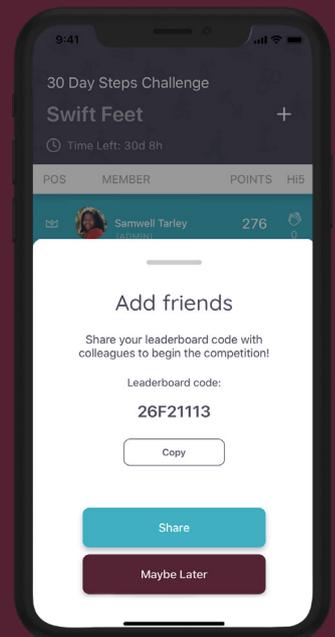
3

Fill in the details and tap **create leaderboard**



4

Add friends and share with colleagues



health assured



Unique code:

